

What's Happening

A publication of Hardin County Community Services

MAY, 2013



May Is Mental Health Month

For over 50 years, May has been recognized as Mental Health Awareness Month throughout the United States. The theme this year is *Pathways To Wellness*, recognizing the important link between a healthy mind, body, and spirit.

May MH Month focuses on the fact that while mental health conditions are common, they are extremely treatable and most individuals can go on to recover and lead full productive lives. It is important to increase information and fight the stigma still attached to seeking treatment for mental illnesses.

"In Our Own Voice"- May 22nd MH Seminar

The 14th Annual Mental Health Awareness Seminar will feature *In Our Own Voice*, a presentation by trained speakers with lived experiences. They will share compelling and personal testimonies of living with and overcoming the challenges of mental illness. The event will be held on Wednesday, May 22nd at 10:30 a.m. at the First United Methodist Church, 619 Main Street, in Iowa Falls.

The presentation includes audience participation and discussion and a video that is interspersed with the personal stories of the presenters. The presentation is provided by NAMI Central Iowa (Ames).

NAMI states that by "broadening people's knowledge of mental illnesses, we replace fear and misunderstanding with insight, awareness, and acceptance."

Hardin County Community Services, Faith in Action, and NAMI Hardin County will sponsor this year's event. Everyone is welcome. Please return the RSVP from the enclosed event flyer by May 15th.

Recognizing Volunteers

During the May 22nd MH Seminar nearly 70 volunteers will be recognized for their volunteer activities over the past year. In addition, Friendship Club members will be recognized for their leadership and participation at the Club.

All volunteers, Advisory Board members, and Friendship Club members are encouraged to attend.

FAMILY FEST

Don't miss the 3rd Annual Family Fest to be held on May 4th, 1-4:00 pm. Free food, fun, and festivities at the Hardin County Fairgrounds in Eldora.

FIA Friendship Club will participate again this year with a booth. Members will be helping by distributing information, passing out prizes, and registering gifts.

Don't miss the fun!

MARK THE DATE

May 28th, 8:30-Hardin Co. MHIT Mtg., Freedom House, Ia. Falls.

June 19th, 4:00-NAMI Bd. Mtg., Friendship Club, Ia. Falls.

June 20th, 2:00-MHDD Advisory Bd. Mtg., Freedom House, Ia. Falls.

Thank You Donors!

New Restroom Construction To Begin

A successful fund drive to raise one-half of the funds needed for an additional handicapped restroom for the Friendship Club has been completed. \$4,438.75 was raised from individuals and organizations through the efforts of the FIA Advisory Board and staff.

At their April 10th meeting, the Board of Supervisors gave final approval for the project. The project will be completed by June 30th.

Thank you to the following for your generous support of this project: Barb Kelsey Memorial Fund-\$769.00; Iowa Falls Church Women United-\$900.00; Iowa Falls Rotary Club-\$150.00; Ruth Norem-\$25.00; St. Marks Knights of Columbus-\$176.75; Tom Marsh & Co.-\$100.00; Ackley Lions Club-\$250.00; Ackley Methodist Church-\$463.00; Joe & Linda Scallon-\$145.00; Ardeth & George Vest-\$200.00; Brenda Meyer-\$20.00; Eileen Kruse \$50.00; David Gray-\$100.00; Friendship Club Members-\$20.00; Wendy Bradley-\$500.00; Iowa Falls Community Chest-\$500.00; Linn & JoAnne Adams-\$70.00.

MHDD Redesign Update

The Iowa Senate and House continue to work toward a compromise on funding for the new mandated MHDD regions in Iowa. Hardin, Hamilton, Franklin, Marshall, Story, Boone, and Madison Counties continue to move toward a July 1, 2013 regional startup, which will allow a year transitional time before the State mandated date.

Your Pathway To Wellness

Can Be:

- *Good health*
- *Saving more money*
- *Healthy relationships*
- *Being good to yourself*
- *Showing gratitude*
- *Keeping good friends close*
- *Taking care of your community*
- *Eating one less cookie*
- *Looking for a new job*
- *Learning how to let go*
- *Walking instead of driving*
- *Playing with your pet*
- *A day at the spa*
- *Eating fresh fruit*
- *Mastering something difficult*

"Life isn't a matter of milestones, but of moments."

-Rose Kennedy

For Your Wellness-Did You Know?

- ❖ Connecting with others can help you to enjoy the times when you are alone.
- ❖ Staying positive can improve your mood and your health.
- ❖ If you quit smoking now, in 20 minutes your heart rate drops, in 12 hours the carbon monoxide (a gas that can be toxic) in your blood drops to normal.
- ❖ Exercising in "spurts" can be just as effective as continuous exercise.
- ❖ Helping others may help you experience less depression.
- ❖ Drinking beverages with caffeine should be stopped 6-8 hours before bed to ensure a more restful sleep.
- ❖ What you drink is just as important as what you eat.
- ❖ Writing down your problems can help shift your thinking about the issues and ultimately improve your mood.
- ❖ Stress management techniques are important because chronic (long-lasting) stress can change your brain and the way you function.

-from Mental Health America

You're Invited-
**14th Annual Mental Health Awareness
SEMINAR & LUNCHEON**

In recognition of May as National Mental Health Awareness Month

*Hosted by: Hardin County Faith in Action, NAMI Hardin County, and Hardin County
Community Services*

Wednesday, May 22, 2013 10:30 a.m.-1:00 p.m.

**First United Methodist Church
619 Main Street Iowa Falls, Ia.**

Charge: \$5.00 Donation Suggested
(no charge for Hardin Co. clients or volunteers)

Seminar Schedule:

10:30 **Keynote: Mental Health Recovery –“In Our Own Voice”**

Two trained In Our Own Voice speakers from NAMI Central Iowa in Ames will share compelling and personal testimonies of living with and overcoming the challenges of mental illness. Audience participation and discussion are encouraged and a brief video with a variety of stories accompanies the presentation.

12:00 **FIA Recognition Luncheon (complimentary)**

During the luncheon volunteers for Faith in Action and Friendship Club will be recognized and awards will be presented.

**Please RSVP to Hardin County Community Services by May 15th by returning the
portion below or by phone 1-641-939-8167.**

_____ **Yes, I plan to attend the May 22th MH Awareness Seminar and Luncheon**

Name(s): _____

Agency (if applicable): _____

**By May 15th please return the bottom portion to: Hardin County Community
Services, 1201 14th Avenue, Eldora, Ia. 50627, or to the Friendship Club in Iowa
Falls.**

Sun	Mon	Tu	Wed	Thu	Fri	Sat
MAY 2013	Meals "around" noon Activities "around" 1:00pm unless noted  Member Birthdays		1 11:15 Get Moving Friendship Lunch- Hot Dogs Sharon & Wanda MAY DAY FUN!	2	3 11:15 Get Moving Sack Lunch – Crafts with Sandy wear old clothes & bring special item	4 FAMILY FEST 1-4PM
	6 11:15 Get Moving Sack Lunch <i>Sharing with Billie Jo</i>	7	8 11:15 Get Moving Friendship Lunch- Raw Veggies & PBJ's Helpers: Shirley & Chris Freedom House – Sharon Retirement Party 2:30 World Book Discussion with Terry from Barlow Library	9	10 11:15 Get Moving Sack Lunch BOWLING FC pays first game, you pay \$2.50 for second	11
12	13 11:15 Get Moving Sack Lunch CALENDAR PLANNING & MEMBERS CHOICE	14	15 11:15 Get Moving Friendship Lunch- Cold Meat/Chesse Sand. Helpers: Gina & Matt <i>Readings with Virginia</i> 4:00 NAMI Meeting	16	17 11:15 Get Moving Sack Lunch SHOW & TELL	18
19	20 11:15 Get Moving Sack Lunch – MEMBER MEETING & BINGO	21	22 Mental Health Seminar & Luncheon 10:30 – 1pm at Methodist Church <i>Club open after Luncheon</i>	23 Age Strong Live Long Walk	24 Iowa Falls History Day meet at 11:30 Dairy Queen, then Dow House, Historical Museum & Pat Clark Art Collection, sign up by 5/17	25  Steve Tjarks
26	27 CLOSED MEMORIAL DAY	28	29 11:15 Get Moving Sack Lunch- CURRENT EVENTS WITH DEAN BOOTH 2:00 Newsletter Mailings	30	31 BURGER PICNIC AT FOSTER PARK	

FRIENDSHIP CLUB Open Mon., Wed. 11-4:00; Fri. 11-3:30

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